

a.) Amendment to the Claims:

Claims 1-97 (Canceled).

98. (Currently Amended) A method for supplementing the diet of a human to enhance muscle size and strength, comprising orally administering a dietary supplement, said dietary supplement comprising admixed effective amounts of:

a powdered or granular protein selected from the group consisting of milk whey protein and milk whey peptides,

at least one amino acid selected from the group consisting of glutamine, alanine, taurine, carnitine and acetyl-L-carnitine;

a compound which ~~mimics or enhances insulin activity, said compound being is~~ selected from the group consisting of myo-inositol, d-myo-inositol, cis-inositol, epi-inositol, allo-inositol, muco-inositol, neo-inositol, scyllo-inositol, d-chiro-inositol, l-chiro-inositol and d-pinitol, and

at least one ingredient, ~~which increases nitric oxide production in the body,~~  
which is selected from the group consisting of ginseng, L-arginine, N-acetyl cysteine, glucomannan and folic acid.

Claims 99-102 (Canceled).

103. (Currently Amended) The method of claim 98, 120 or 121, wherein one serving of the supplement is about 28 grams and the supplement is administered more than once daily.

104. (Currently Amended) The method of claim 98, 120 or 121, wherein one serving of the supplement provides about 20 grams of protein and about 3 grams of carbohydrates.

105. (Currently Amended) The method of claim 98, 120 or 121, wherein one serving of the supplement further provides about 1.5 grams of fat.

Claims 106-107 (Canceled).

108. (Currently Amended) The method of claim 98, 120 or 121, wherein the supplement is a powder.

109. (Previously Presented) The method of claim 108, wherein the powder is mixed with a liquid to provide a drink.

110. (Currently Amended) The method of claim 98, 120 or 121, wherein the supplement further which comprises ~~one or more compounds selected from the group consisting of glutamine, alanine, taurine, carnitine and acetyl-L-carnitine.~~

111. (Currently Amended) The method of claim 98, 120 or 121, wherein the dietary supplement is administered immediately after an exercise period.

Claim 112 (Cancelled).

113. (Currently Amended) The method of claim 98, 120 or 121, wherein one serving of the supplement provides about 20 grams of protein, about 3 grams of carbohydrates and about 1.5 grams of fat.

114. (Currently Amended) The method of claim 113, ~~wherein the supplement further which comprises one or more compounds selected from the group consisting of glutamine, alanine, taurine, carnitine and acetyl-L-carnitine.~~

Claims 115-116 (Cancelled).

117. (Previously Presented) The method of claim 113, wherein the dietary supplement is administered immediately after an exercise period.

118. (Previously Presented) The method of claim 114, wherein the dietary supplement is administered immediately after an exercise period.

119. (Currently Amended) The method of claims 98, 120 or 121, wherein said supplement is in the form of a bar.

120. (New) The method of claim 98, wherein the dietary supplement further comprises alpha-keto glutarate or guar gum.

121. (New) The method of claim 98, wherein the dietary supplement further comprises alpha-keto glutarate and guar gum.

122. (New) The method of claims 98, 120 or 121, wherein said milk whey protein or milk whey peptides are granular.